



## **Exercise Fitness Classes**

**held at the Village Center**

**Yoga**

**Tai Chi**

**Mat Pilates**

**Chair Exercise**

**Strength Training**

**Balance & Fall Prevention**



**Plan your fitness program now for good health and well-being.**

**Register today for the next session!**

**Check the *Village News* or call the center at 301-656-2797 for schedules, etc.**